

SPORTS
SHORTSPersonal Trainers
Available

Hire a certified fitness professional who works one-on-one with you to help you achieve and exceed your fitness goal. Trainers are certified through nationally recognized organizations. In addition, trainers advise on nutrition information to enhance your fitness program. For more information, call 448-2214.

May Fitness Month
Events Plan ahead

The "Fit Body, Fit Mind, Fit to Fight" Incentive program.

Use your Fitness Center punch card for 10 activities during the month of May and receive a prize. Pick up your punch card at the front desk.

Hickam's Biggest Loser

Do you have what it takes to challenge yourself and lose those pounds?

Free 30-day weight loss challenge. Prize given to biggest weight loss in percentage in pounds verses starting weight for the month of May. Participants are required to weigh in on the initial and final dates, and are responsible for providing their own safe and effective exercise regimen during the contest.

Initial weigh-in is on May 1 or 2 from 9 a.m. to 4 p.m. at the HAWC or Fitness Center. Final weigh in is on May 30 or 31 from 9 a.m. to 4 p.m. at the HAWC or Fitness Center.

Yoga by the Sea

Mondays, May 1, 8, 15, and 22 at 11:30 at Foster's Point. Don't forget to bring water. Free to ID card holders.

Yoga 101 – The Foundations of Yoga

Join us for a free educational workshop May 3 from 5:30 to 7:30 p.m. Learn proper use of props (blankets, straps and blocks), yoga etiquette, and modifications for poses and more.

Aerobics & Fitness
Association of America
Fitness Certification/
Workshops

Injury Prevention and Exercise Progression, May 5 from 9 a.m. to 6 p.m. Cost is \$99.

Primary Group Fitness Certification, May 6

See SPORT SHORTS, A5

Airmen train for close combat

By Tech. Sgt.
Shane Cuomo
Air Force Print News

Wheeler Army Airfield, Hawaii – Tactical air controllers from the 25th Air Support Operations Squadron are practicing basic close combat skills to prepare themselves for an upcoming deployment in support of the war on terror.

"Not only is the training fun and keeps you physically active but it is very practical for TAC-P members because of the missions that we undertake," said Staff Sgt. George Earhart, a tactical air controller from the 25th ASOS.

Although TAC-P's are in the Air Force they spend their entire careers with the Army. The need to be prepared for combat is a high priority. The entire purpose of the training is to provide the Airmen of the 25th ASOS with a foundation of warrior skills. The most basic of all combat skills is close combat.

"My key emphasis on training is individual combat skills," said Senior Master Sgt. John Knipe, 25th ASOS superintendent. "It's part of a larger program to inject the entire Air Force into the warrior ethos concept," he said.

The warrior ethos describes an Airman as a



Air Force photo by Tech. Sgt. Shane A. Cuomo

Senior Airman Justin Vincent practices kicking while Staff Sgt. Jorge Earhart protects his face during close combat skills training April 13 at Wheeler Army Airfield,

warrior and a member of a team. It embodies the Airman's selfless commitment to the nation, mission, unit and fellow Airmen.

"The concept helps the 25th ASOS Airmen to

understand the basis of all combative skills, be comfortable with it and recognize that they are a weapon system," said Sergeant Knipe. "After that mind set anything added to them like

Hawaii. Air Force TAC-Ps are tactical air controllers, attached to Army units and are responsible for, requesting and directing air strikes against enemy targets.

a rifle, knife, ect., will only make them a more effective warrior."

As battlefield Airmen being a TAC-P means being a lot closer to combat than most other Airmen.

"This training can be the difference between life and death in a close fight," said Sergeant Earhart. "It will definitely be something good to know for future deployments."

No long distance for Hickam couple

By Master Sgt.
Dan Walston,
386th Air Expeditionary Wing

Many deployed members take comfort in the adage "Distance makes the heart grow fonder." For most, that distance equates to being separated half way around the world from their loved ones. But for a select few couples, that distance may mean a couple of hundred feet and two tent rows over.

One such couple is Staff Sgt. Shaun Lyle and Senior Airman Jasmine Lyle assigned to the 386th Expeditionary Civil Engineer Squadron. This is Jasmine's first deployment and Shaun's fifth, but it's their first deployment together as a couple in two years of marriage.

They both laugh and joke that they've been apart more than they've been together.

It is definitely unreal being here together. I am used to being the one who takes care of the house and sends care packages while Shaun is deployed," says Airman Lyle.

As far as the benefits of being deployed with a spouse, "I get to see his experiences firsthand instead of through pictures," said Airman Lyle. "I think being deployed with your spouse gives you a better perspective of what



Photo courtesy of 386th AEW

Staff Sergeant Shaun Lyle and Senior Airman Jasmine Lyle, a married couple assigned to 15th Civil Engineering Squadron, at Hickam, share desert life, first hand experiences of being a deployed couple with the 386th Air Expeditionary Engineer Squadron.

goes on in a deployment than what a civilian spouse would have being at home with kids," she added.

The Lyle's are not the only husband and wife deployed together in the 386th. Staff Sergeants John and Melissa Terry of the 386th Expeditionary Services Squadron are veterans, with this being their fourth deployment together. "For us, we have to be

careful not to take it for granted," said Sergeant John Terry. "Being deployed together definitely helps you build a stronger relationship. How many people get to deploy with their best friend," he added.

"For us, the only con is people's perceptions," says Sergeant Melissa Terry. "When we are off duty and always together, they see

the wedding bands and know we are married, but they just don't know we are married to each other and automatically think the worst"

Both couples warn that it is not as easy as everyone thinks. "One of the negative aspects in our situation is I've already been here two months and when I leave Jasmine will still have four months to go, so

“ Being
deployed
together definitely helps you build a stronger relationship. How many people get to deploy with their best friend.”

it will seem like another deployment without her," said Sergeant Lyle.

Both couples deployed to the 386th Air Expeditionary Wing with a plan to ensure their marriage grew stronger. "We reserve two hours each night just to sit and talk. We make sure we have as much time together as we do apart," says Airman Lyle.

"The best thing to do is set common goals of what you want to achieve while you are here and encourage each other to reach those goals," added John Terry.

Both couples agree that the secret to being deployed together is trust. Most members deploy with ways to improve themselves and their relationships. Deploying with a spouse is no different.

Crossword Puzzle: Cold War Icons

By Capt. Tony Wickman
71 Flying Training Wing
Public Affairs

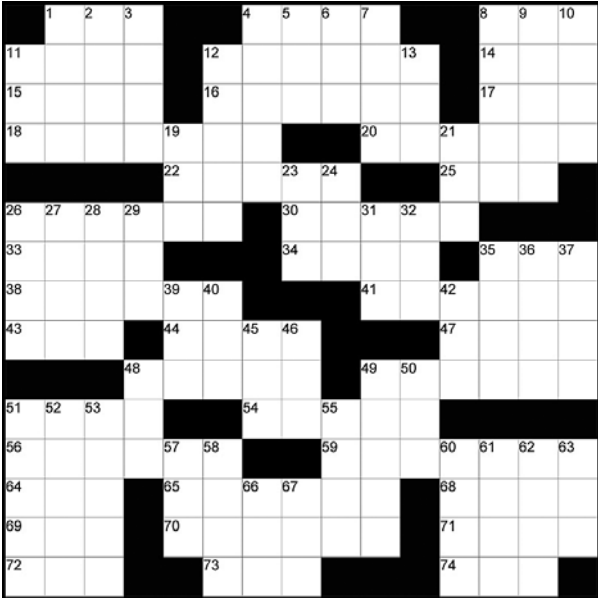
ACROSS

- 1. __ Vegas
- 4. Immediately
- 8. Summer of ____
- 11. Soccer star
- 12. Cold War Soviet Premier Brezhnev (1964-82)
- 14. Accountant, in short
- 15. Roaster
- 16. Worked hard for
- 17. Vase
- 18. Cold War conflict nationalist/communist forces and pro-Western
- 20. Cold War leader Joseph (1922-1953); created Warsaw Pact
- 22. X-Men director Singer
- 25. Sick
- 26. Cold War leader Harry; developed USSR containment doctrine
- 30. Film critic Ebert
- 33. Cold War icon Powers; American U-2 pilot shot

- down over USSR
- 34. Streetcar
- 35. Commonly
- 38. Crazy
- 41. US ship seized in 1968 by North Korea
- 43. Federal org. concerned with medicine
- 44. Town home to Vance AFB
- 47. Dutch colonist in South Africa
- 48. 1951 act passed to enable military to create “foreign legion” against USSR
- 49. Spongy citrus fruit rind
- 51. Ecologist Leopold
- 54. Crush
- 56. Blockaded city that was one of the major Cold War crises
- 59. Russian satellite; launched Cold War “Space Race”
- 64. __ of Pigs; 1961 US-backed invasion of Cuba
- 65. Rattle off
- 68. Arms ____; Cold War build up between US and Soviets
- 69. Mock
- 70. Cold War proxy conflict between US and Communist powers

- 71. Ajar
 - 72. Cold War ID for a Soviet republic
 - 73. Head
 - 74. Mogul Turner
- DOWN
- 1. Jean maker
 - 2. Out of the wind
 - 3. Mailed
 - 4. Sordid
 - 5. Rocky peak
 - 6. Crime writer Rule
 - 7. Knots up
 - 8. Long oar
 - 9. Taxing month
 - 10. Director Michael
 - 11. Mil. member’s car
 - 12. Gain knowledge
 - 13. Banned pesticide
 - 19. Shaq’s org.
 - 21. Demeanor
 - 23. ____ deco
 - 24. Neither’s partner
 - 26. End of the week phrase, in short
 - 27. Map maker
 - 28. Major or Minor
 - 29. 2001 Lady Marmalade singer

- 31. Bomber ____; Cold War issue regarding Soviet aircraft buildups
- 32. Flightless bird
- 35. Woodwind instrument
- 36. Absconded
- 37. Actor Benecio del ____
- 39. Keanu’s The Matrix character
- 40. Terminate
- 42. Dwindle
- 45. Grocery store chain
- 46. Young woman
- 48. Computer chuckle, in short
- 49. Resort town
- 50. Romanian currency
- 51. Palestinian Authority president Mahmoud
- 52. Jumps
- 53. Clothing appliance
- 55. Movie canine
- 57. Annoy
- 58. A noble gas
- 60. Canter
- 61. Scruff of the neck
- 62. Chilled
- 63. Barbie’s pal
- 66. ____-Magnon
- 67. CENTCOM danger





Staff Sgt. Michael Spear

15th Mission Support Squadron

Your unit rocks because: Despite all the changes the personnel career field has gone through, we maintain positive, customer service and a friendly attitude.

My job affects all of Hickam in that : Without an ID Card your not getting through the front gate.

When not at work, I spend my off duty time: Hanging out with my two boys and enjoying the island.

Something people don't know about the unit: That the personnel career field is going through some major changes and a lot of our functions are going back to Air Force Personnel Center.

If I could change one thing about



Hickam, it would be: Mandatory physical training time during the normal duty hours (7:30 a.m. to 4:30 p.m.) for all units.

What the supervisor has to say: Sgt. Spear deserves the spotlight! He works hard each and every day to ensure those entitled to military benefits continue to receive them through CAC/ID card issuance. Sgt Spear serves over 10,000 customers with a friendly, professional attitude. As a new retrainee into the personnel career field, he has done an outstanding job! I see a bright future ahead of him!

*Master Sgt. Sarmiento
15th MSS*

AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

Friday 7:00 and Saturday 2:00 p.m.



THE SHAGGY DOG – Dave learns a valuable lesson about truth and appearances when quite unexpectedly he finds himself changed into a sheepdog. Starring Tim Allen and Kristin Davis. Rated PG (rude humor).

Saturday and Thursday 7:00 p.m.



AQUAMARINE – Following a violent storm, a beautiful and sassy mermaid named Aquamarine washes ashore and into the lives of two teenage girls. After Aquamarine falls for a local, hunky life-guard, she enlists the girls' help to win his heart. Starring Emma Roberts and Sara Paxton. Rated PG (language, sensuality).

Sunday and Wednesday 7:00 p.m.



ULTRAVIOLET – Set in the late 21st century, a subculture of humans has emerged with a genetic mutation causing enhanced speed, incredible stamina and acute intelligence. As more people are infected and the government becomes increasingly terrified of their growing power, those with the mutation are treated as outcasts, subjected to terrifying tests and put into quarantine. The government setsout to destroy them, but one woman is determined that doesn't happen: ultra-beautiful, ultra-lethal Violet. With eye-popping martial arts skills and chameleon-like abilities, Violet becomes a rogue warrior bent on protecting her new race – and seeking revenge on those who created it. Starring Milla Jovovich and William Fichtner. Rated PG-13 (violent action, nudity, language).

CE schools Radford students on Earth Day

By Tech. Sgt. Brenda Weiler
and 1st Lt. Dan Probert

The 15th Civil Engineer Squadron’s Environmental Flight conducted a special “Careers in Environmental Science” event at Radford High School April 12 as part of Team Hickam’s Earth Day Celebration.

The event drew a tremendous response from interested Radford High students. More than 50 students packed Radford’s Student Career Center to listen to six environmental professionals from Hickam Air Force Base. The professionals talked to the students about career opportunities available in environmental science. The professionals’ areas of expertise included environmental engineering, environmental science, chemical engineering, architecture, archaeology, general science and management. Each professional talked about their personal career path and why they chose careers in the environmental field.

“This event was outstanding,” said Mr. Ron Lanier, retired Air Force pilot and current environmental flight chief, who chose a



Courtesy photo

Gary O'Donnell, 15th CES chief of environmental, explains how architecture relates to environmental sciences.

second career in environmental science because of his love for the outdoors.

Ms. Nicole Clements generated excellent group discussion by asking the students, “What kind of environmental problems do we currently face here in Hawaii?” The students quickly pointed to the recent sewage spill into the Ala’wai Canal. The sewage spill contamination provided a great talking point for Ms. Clements to discuss the challenges we face in



Courtesy photo

More than 50 Radford High School students packed the Student Career Center to hear about careers in environmental science.

keeping our water and environment clean. She also presented a Radford High School teacher with a baby papaya sapling and hopes it might be planted for future students to enjoy the papaya fruit.

“Most people don’t associate architecture with environmental science,” pointed out Mr. Gary O’Donnell, chief of environmental planning. “However, architecture creates a man-made interface with nature that results in an

enjoyable environment. Preservation and adaptive use of historic buildings creates places that put us in touch with past generations the way we want work of our generation to be respected. Preservation saves natural resources because materials for new construction are not used.”

“The ground in Hawaii contains many ancient Hawaiian artifacts and burials,” Ms. Valerie Curtis, archaeologist explained to the students. “The Air Force

takes special precautions to minimize the impact to these environmental resources and makes extra efforts to involve the community when cultural resources are identified during construction projects.” After the presentation, students flocked to Ms. Curtis’ display booth to see the artifacts she had on display.

All students were provided a Fact Sheet with information on the environmental science career field. “I learned a lot!” said Ms. Jean Fukuji, Career Counselor at Radford High. She thanked the 15th Airlift Wing for scheduling the event and said, “I am now better prepared to explain the environmental career field with my future students.”

Earth Day is a holiday that reminds us to take good care of our planet. The first Earth Day was April 22, 1970. It was started to raise awareness about environmental problems and how to solve them. Earth Day focused on saving the environment.

If you would like to receive a Fact Sheet on careers in environmental science, please contact Ms. Nicole Clements at 449-1584 extension 229.

SOLUTIONS, From B2

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CHAPEL

Editor’s note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.

PROTESTANT

Nelles Chapel
Sunday Contemporary
Service 8:30 a.m.
Sunday Gospel Worship
11:15 a.m.
Sunday Praise Gathering
5:30 p.m.
Chapel Center
Sunday Traditional
8:30 a.m.

JEWISH

Aloha Jewish Chapel,
Pearl Harbor
473-0050
Jewish Lay Leader
Mr. David Bender
527-5877
Naval Station Chapel
473-3971

CATHOLIC

Nelles Chapel
Weekday Mass
11:30 a.m.
Saturday Confessions
4:15 p.m.
Saturday Mass 5 p.m.
Chapel Center
Sunday Mass 10 a.m.

ISLAMIC

Friday Congregational
Service
(1935 Aleo Place,
Punahou)
1 p.m.
Muslim Association
of Hawaii
947-6263

BUDDHIST

Honpa Hongwanji Hawaii
Betsuin A Shin
Buddhist Temple
536-7044

ORTHODOX

For more information,
call 438-6687



Air Force photo by Tech. Sgt. Chris Vadnais

17-year-old Alex Theodor spent Good Friday at the Hickam commissary collecting canned goods for Fisher House.

Pledging Eagle Scout on charity drive

By Tech Sgt. Chris Vadnais

Air Force Regional News Center - Pacific

HICKAM AIR FORCE BASE, Hawaii – 17 year-old Alex Theodor is a Boy Scout on a mission. He spent last Friday (a treasured day off of school) standing outside the Hickam Commissary collecting canned goods and other donations for the Fisher House, which provides a comfortable, low-cost “home away from home” for families of ill or injured military members being treated at military hospitals.

Alex is a typical military child; his dad joined the Air Force when Alex was only two weeks old. It’s all he’s ever known.

“I like moving around,” Alex said. I’ve got to see some of the world. The only bad part is having to make new friends everywhere.”

Alex’s dad, Lt Col. Theo Theodor, Jr., said scouting has helped ease the burden of the family’s moves for Alex.

“It’s provided a foundation that he’s familiar with, this is how Boy Scouts works, doesn’t matter where you go, that’s how a troop functions,” he said.

Alex’s Fisher House charity Drive is also his Eagle Scout project: he’s about to pin on the highest rank attainable in scouting. It’s a distinction that offers perks of which he’s already well aware.

“I got that [promotional] poster donated because the guy at Kinko’s was an Eagle Scout,” he said.

Scouting is just one way children deal with the complexities of military life. Alex would tell you being a military child isn’t always easy, but through charity and community he’s certainly having his share of fun.

Hickam elementary cheerleaders get Patriot mentors



Photo by Angela Elbern

Hickam youth cheerleaders teamed up with the New England Patriots Cheerleaders of the National Football League to perform for Hickam Elementary

School students Monday during the Patriots Cheerleaders stop at Hickam during their Patriot World Tour.

SPORT SHORTS, From B1

from 9 a.m. to 6 p.m. Cost is \$229.

Practical Pilates workshop, May 7 from 9 a.m. to 6 p.m. Cost is \$99.

Bikini Slimmin’ Spinathon

Slim those waist lines and get fit is May 6 from 8 to 10 a.m. Free to ID Card holders.

Fitness 101 Open House

Fitness Center Lanai Monday, May 8 from 11 a.m. to 2 p.m.

- Running shoe information courtesy of Runner’s HI, Aiea
- Gait analysis: Learn more about your running gait.
- Sports nutrition table

courtesy of the HAWC.

- Controversy with supplements: Correcting misinformation courtesy of the HAWC.
- Free blood pressure analysis.
- Free body fat testing.
- Stress reduction and on-site mini massages brought to you by the HAWC and the Hickam Fitness Center.
- How to use your home fitness equipment. Demonstrations with balls, bands, and more by certified fitness trainers.

AFAA Fitness Certification/Workshops

Step aerobics skills and choreography; May 19 from 9 a.m. to 6 p.m. Cost

is \$99.

Step Aerobics Certification; May 20 from 9 a.m. to 6 p.m. Cost is \$199.

Resistance Training; May 21 from 9 a.m. to 6 p.m. Cost is \$99.

Call 1-877-YOUR-BODY to register.

Hickam Sun n’ Fun Duathlon

The 5K run and 25K bike, is May 20 at 7 a.m. Individuals and teams welcome. Register by May 18.

Winners of the Spring Junior Golf Tournament held March 25th

The junior golfers played 18 holes in three age categories: The 7-9 year old category: 1st

place; Mariel Galdano with a score of 72, 2nd place; Jacob Maluenda with a score of 75 and 3rd place; Kai Samiere with a score of 76. The 10-11 year old category: 1st place; Skye Inakoshi with a score of 56, 2nd place; Bryan Kelly with a score of 63 and 3rd place; Kaci Masuda with a score of 66. The 12-16 year old category: 1st place; Scott Bensen with a score of 66, 2nd place; Kazuki Funato with a score of 74 and 3rd place; Monica Hamada with a score of 78.

Tournament highlights include Skye Inakoshi finished with a 2 over par 56 and shot a 1 under par 26 for his second 9 holes. Bryan Kelly took 2nd place with a 63 his age division.



Left: Hickam Lady Flyer basketball guard Nicole Martin passes to teammate Rachel Brown during the Aloha Classic women's championship game Saturday against Luke



AFB at the base fitness center. Right: Andreia Hinton changes from shooting the rock to passing in midair as Luke's defense collapses on her.

Photos by Mark Bates

No repeat, no first for Flyers at Aloha Classic

By Tech. Sgt. Robert Burgess
15th Airlift Wing Public Affairs

No repeat for the Hickam Men's flyers varsity basketball team at this year's fourth annual Aloha Classic men's and women's basketball tournament April 9 to 15.

Finishing runner up to the Army team at the Armed Services Athletic Council Basketball Tournament March 29 at the Fort Shafter gym, the Men's Flyers played with confidence during their first outing against Vandenberg

AFB leading at halftime by seven points, 25 to 18.

Craig Frost, Hickam Flyers coach, said "We played great in the first half. In the second half we came out sluggish and couldn't hold the lead."

The demise of the repeat started at the foul line where the Flyers hit only 6 of 15 attempts while Vandenberg went 9 for 10 down the stretch and posted a 49 to 43 win over the Flyers.

With only three teams competing for the women's title, the Lady Flyers breezed past the Marines of Kaneohe and

Luke AFB in pool play. The Flyers looking for first Aloha Classic title got to within six points against Luke in the second half of the title game, 42 to 36.

In his first year as the coach of the Lady Flyer's Mark Turner said, "We have played four teams on the island and our season is 10 to 12 weeks long depending on the playoff format."

With more practice and games to be played the Lady Flyers plan to make a lasting impression at the first Las Vegas Classic Basketball

tournament May 25 to 31. Coach Turner said, "With a little over a month of playing together, this team is playing at the Junior College level and we can only improve."

The Classic not only brought teams together on the court, but also showed the Armed Forces esprit de corps between the services off the court, said Coach Turner. "The fitness center staff and those involved with the tournament do an outstanding job each year hosting the Aloha Classic."

Coach Turner who has

coached a variety of sports knows what it means to be on the road and playing away from home. He said the support family and friends showed during this tournament didn't go unnoticed. "My thanks to those who supported us during this tournament and we know that you will be with us in spirit at Vegas Classic."

The Men's team will also take flight to Las Vegas. Having lost a couple key players this year, Coach Frost said, "However, the team added strength to the inside game."

The Men's Flyers picked up their first win in the tourney against K-Bay 94 to 64 and eventually lost to Schofield 105 to 87 and ended this year's run at a repeat." We have played the Army all year long. It's a good rivalry and we have a lot of fun playing them," said Coach Frost.

Out of the 12 Men's teams that entered Schofield advance to play Pearl Harbor for the title. Pearl Harbor made up a 58 to 41 half time deficit to capture the 2006 Aloha Classic, 116 to 111, Saturday.